

Tuna Melt Burger

Rating: ★★ ★

Cook time: 30 minutes

Makes: 6 servings

Ingredients

1 can tuna (6 ounce)
2 celery (medium stalks, chopped)
1/2 cup processed American cheese (low sodium, diced)
1/4 cup light mayonnaise
1 tablespoon instant minced onion
1/4 teaspoon salt
1/8 teaspoon pepper
12 whole wheat bread (slices)

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	250	
Total Fat	9 g	14%
Protein	17 g	
Carbohydrates	26 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	3 g	15%
Sodium	550 mg	23%

Directions

1. Wash hands and cooking area.
2. Preheat oven to 350°F.
3. Drain tuna and break the meat apart with a fork.
4. Wash and chop the celery and dice the cheese.
5. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon.
6. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches).
7. Put each sandwich on a square of aluminum foil, then wrap the foil around sandwiches, folding edges securely

8. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.